FAMILY LIFE

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THE PROBLEM DRINKER and THE FAMILY

There are 70 million people in the United States who drink alcoholic beverages. Only four or five million of these are classified as "problem drinkers" but if they are distributed evenly among more than 30 million families, that means that one of every six or seven families has the burden of a problem drinker—a much heavier burden than is created by any of the diseases for which so many millions of dollars are being collected from the public each year. In financial loss and family disorganization, alcoholism is incomparably more serious than polio or even cancer, for example — yet the effort expended to combat it is almost negligible. With a national liquor bill of 10 *billion* dollars, for instance (far more than is spent on all forms of public and private education put together), the distillers annually turn over to the National Research Council 45 thousand dollars to support research on the subject.

Increasing public education is evidenced by the appearance during the past year of half a dozen good books on the subject. One of the most recent is *Alcoholism: its scope, cause, and treatment,* by Ruth Fox with a professional writer, Peter Lyon. Dr. Fox is a New York psychoanalyst who confines her practice to alcoholics, but her book is much broader — it is a serious, comprehensive, and readable picture of the whole problem. She recognizes frankly that it is a family problem:

"It is not necessarily true that an alcoholic's wife acts in such a way as to cause him to drink. But it is often at least partly the case.

"It is not necessarily true that an alcoholic unconsciously seeks out and marries the kind of woman who will complement his neurotic tendency to drink excessively and addictively. But it is often at least partly the case.

"It is not necessarily true that the alcoholic who has never married has not because his neurotic needs have been satisfactorily met by a mother, or an older sister. But it is often at least partly the case.

"It is not necessarily true that a woman, to fulfill her own unconscious needs, will seek out and marry the kind of neurotic whose underlying character traits mark him as prone to become an alcoholic. But this, too, is often at least partly the case, just as it is partly the case that such a woman will, after the marriage ceremony, behave in such a way as to nurse her husband's underlying

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character traits into full and riotous command over him.

"This much is necessarily true: the alcoholic can not be successfully treated and his recovery effected without the firm, sympathetic, and understanding cooperation of his wife or family."

To carry out this treatment and effect recovery Dr. Fox, herself an M. D., naturally has great confidence in the medical profession. James Lamb Free, an advertising man who has written a popular book entitled *Just One More,* is cautious on this point. "If he is like 90 percent of his colleagues, your family doctor does not know much about alcohol problems, and doesn't want to . . . These gentlemen with M.D. after their names are not gods. They are mortals . . . Too many of them have closed minds on the topic of problem drinking. I have even referred to some I know as knuckleheads on this subject. This goes for psychiatrists as well as internists and general practitioners." The ordinary physician, psychiatrist, or clergyman, like the ordinary layman, is hopeless, Mr. Free (a Santa Barbara, Calif., advertising man) insists, time and again. You may have to make your own diagnosis. He recommends the seven step analysis of E. M. Jellinek:

1. First blank. (You don't remember what you did last night when you were drunk.)
2. Sneaking drinks.
3. Preoccupation with drinking.
4. Gulping drinks.
5. Evasive about drinking.
6. More blanks.
7. Loss of control of drinking.

Step No. 7 is the clincher. If, on even one occasion, your man (or woman) decides in advance that he will take only two drinks — and really means it — and then ends up by having more than two, he has lost control. If he has never yet lost control, but has shown the first six symptoms, "he is elected. He is an alcoholic. He *will* lose control. It may take him six weeks, or six months, or six years, or longer, but if he continues drinking he will get there. This is as inevitable as the coming of the full moon, or the arrival of high tide."

If your man is still somewhere in the first six symptoms, he is more susceptible to direct suggestions than he will be later on. He is secretly worried about his drinking. "Many wives and husbands I know have successfully made the direct attack at this early stage, being careful to avoid criticism, and picking the moment carefully." If your man is in the seventh stage, you'll have to wait for "the magic moment." This will come:

1. When he is suffering a hangover;
2. After a drunk that you are sure he did not want or plan;
3. When his behavior has been spectacular, lending itself to factual reporting of actions which would disgust him, if he saw someone else committing them.

Then you may have to give an ultimatum, describing the situation calmly and ending with "Either you stop drinking or I leave you." But don't make any idle threats, Mr. Free warns; don't make any promises that you don't intend to keep. Your man "has to admit he is licked, and he has to mean it. He has to see himself as he sees others who have the problem. He has to admit it has happened to him,

that he has the disease. After that, the rest is easy. He just has to get help to stop drinking. And help is available, waiting."

Of course this makes the situation look much simpler than it really is! Alcoholics Anonymous is the organization to which your man is invited to turn—and he should make the call himself. He may need medical help in addition,—but pick your physician with care, Mr. Free urges, calculating that only one out of every 13 knows what to do and is willing to do it. Clergymen make an even worse showing, though the best of them (in respect to their knowledge of alcoholism) may give invaluable help. Half of all the alcoholics would benefit by a few sessions with the right kind of a psychiatrist — you may have to go a long way to find the right kind, Mr. Free asserts, but "If I had cancer, I'd go half way around the world to find a man who could save my life." There are some lay therapists, mostly men who were former alcoholists themselves. Mr. Free himself practiced lay therapy for some years. Some of these laymen are excellent, some merely well-meaning bumblers, others quacks. The best can perhaps be located through AA, with which they cooperate.

Dr. Fox naturally believes that "analysis remains the best method of tackling the alcoholic neurosis," preferably with the help of Antabuse. Both she and Mr. Free devote much space to medical procedures and each gives a list of sanitaria and of organizations devoted to alcoholism, with full addresses. Since psychoanalysis of any large number of alcoholics is now impossible, Dr. Fox suggests psychiatric counseling or group therapy. Both Dr. Fox and Mr. Free insist that the only hope for an alcoholic is to stop drinking, completely and permanently. There is no half-way house.

Really, any talk of a "cure" is neither pertinent nor meaningful, Dr. Fox concludes. "Alcohol is a drug. It is a toxic drug. It performs certain useful functions for society as a whole, and for a large number of people it constitutes a pleasant ingredient in a beverage. But surely it is incorrect to say that he is a completely well person who is able to drink a toxic drug without doing himself damage . . . The completely healthy man — physically, mentally and emotionally—is the man who needs to repose no reliance on a drug . . . The goal we should aim for is a society in which there will be more of us sufficiently free of tension, sufficiently capable of amity and love of our fellows, that drugs will be confined to the medicine shelf. In such a society reality could be so pleasant that there would be no need to seek a temporary euphoria."

Among other obstacles to this better society is, of course, the tremendous profit to be made from the manufacture and sale of alcoholic beverages. The 70,000,000 drinkers in the United States consumed three and one-half gallons of pure alcohol apiece, in 1954. Such figures, however, refer to the legal production and take no account of the continuously increasing production outside the law—bootlegging and moonshining. "In the 20 months ending on February 28, 1955," Dr. Fox notes, "stills were raided at the rate of one thousand a month," and it is estimated that for every illegal producer thus caught, there is at least one other who escapes detection. The *daily* production capacity of the stills raided during those 20 months was more than 300,000 gallons. Largest producer was a

still found in a desolate section of Brooklyn in the spring of 1955. Its capacity was 600 gallons of 190-proof alcohol *every 12 hours.* This was diluted to half strength by the distributors, and the government agents calculated that during the 90 days in which the still had operated, the manufacturers might well have realized $500,000 on their investment; the distributors were estimated to have realized $1,500,000,—a neat profit for three months work.

Those concerned with family life need to take the problem of alcoholism more seriously. The scholarly work of Dr. Fox and the slap-dash but very practical and readable one of Mr. Free provide a good introduction.

(ALCOHOLISM, by Ruth Fox and Peter Lyon. Pp. 208, no index, price $3 from Random House, 457 Madison ave., New York 22, N.Y., 1955.)

JUST ONE MORE, by James Lamb Free. Pp. 211, no index, price $3.50 from Coward-McCann, 2 W. 45th st., New York, N.Y., 1955.)

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Educational Notes

MARRIAGE PREPARATION COURSE in 11 lessons for engaged couples, is now ready for distribution by Family Life Bureau, Natl. Catholic Welfare Conference, 1312 Massachusetts ave., N.W., Washington, D.C. It was prepared by a committee of 26 priests and laymen. "They were aware," says Dr. Edgar Schmiedler, director of the Bureau, "that the sciences have a place in the program to reconstruct modern marriage, but they were also aware that the natural sciences alone were insufficient and that religion, the power of the supernatural, was absolutely essential."

RADIO STATION KANU (Lawrence, Kans.) has been broadcasting actual classroom lectures and discussion from the course on Marriage and Family Relations taught by Dr. Lawrence S. Bee, professor of home economics, sociology, and anthropology.

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Inexpensive Pamphlets

THE EXCEPTIONAL CHILD FACES ADULTHOOD, proceedings of the 1955 Spring Conference of the Child Research Clinic, pp. 114, single copy free to persons professionally interested, on application to The Woods Schools, Langhorne, Pa.

NEW MEDICINES FOR THE MIND — their meaning and promise, by Gilbert Cant. Pp. 26, price 25c from Public Affairs Pamphlets, 22 E. 38th st., New York 16, N.Y., 1955.

OUR MARRIAGE SERVICE—a gift for the bride, by Martin A. Wood. Attractive booklet for clergymen, sponsored by the Baptist Sunday School Board, Nashville, Tenn.; sample copies $1 from Martin A. Wood, 422 W. Rugby ave., College Park, Ga.

SPRINGTIME IS SHARING TIME, packet of folders intended especially for families, price 25c from American Friends Service Committee, 20 S. 12th st., Philadelphia 7, Pa.

SEX will take over as the main driving force of modern life if religion decays, says a Church of England publication. If the church fails to give the public Christian guidance on problems involving sex, "it is by-passing one of its most imperative tasks."

ITALY has the lowest marriage rate in Europe, with the exception of Ireland, says a report from the Central Institute of Statistics in Rome. Yugoslavia has the highest rate, followed in order by Western Germany, Holland, Denmark, Norway, Austria, and England.

PARENTS, CHILD, AND HOME

Husband and wife do not constitute a family—it is created only by the arrival of a child. Normal family relations, then, are organized around the child, for the benefit of the child, and as a function of the child, says the French psychologist Maurice Porot in a new book on *The child and family relations.* The family drama seems to be played with three essential characters: first the parents, then the child, and then certain other figures such as grandparents, servants, and the like. But in reality there is a fourth character in the drama which, though not existing in the flesh, is, *the home.* The fortuitous assemblage of a man, a woman, and some children picked at random, is not a family. The *home,* based primarily on the parental pair, is a living and spiritual being, with a past, a present, and a future which influence very profoundly the relations that the other characters establish among themselves.

The attitude which a man adopts toward society depends largely on his early experiences in these surroundings, and it is one of the functions of the family to provide all sorts of experiences, without letting any of them become overwhelming. Little hurts, renunciations, injustices, limitations imposed on self-assertion, prepare the child for similar but more extreme experiences as an adult. It is this fact which makes over-protection almost as harmful as complete lack of guidance. It is true that the child needs a feeling of security (of which the main constituents are love, acceptance, and stability); but this security must be recognized as only a temporary necessity, growing out of the fact of infancy. The need of excessive security in an adult is evidence of lack of emotional maturity; the child becomes an adult on the day that he accepts insecurity as one of the normal risks of life.

Too many persons fail to establish the kind of home that provides security for their children:

1. Some households are merely the coexistence of two individuals. They have never been able to merge their personalities in a cooperative enterprise. They are competing with each other, not cooperating. (There is another danger, that of the monolithic home, in which husband and wife can act together but are unable to enlarge this relationship to include their children, who remain in a sense outsiders.)

2. Another abnormal home is that in which the sex roles are largely reversed. The masculine woman and effeminate man may even be happy with each other, but they provide a background in which no child can expect to develop normally.

3. In a third type of abnormal home, the parents have misunderstood the conditions of success. To be a good parent, it is not enough to desire and love the child. It is necessary to desire and love the child *of the spouse.* The husband must want above all to have this wife as the mother of his children. The wife must want above all to bear offspring to this one man. Sometimes the wife bears a child, not *for* her husband, but *against* him; the infant is a weapon she will use to put him in his place or deprive him of that to which he is entitled. The husband, on the other hand, may have chosen a wife for her glamour, not for her solid wifely and motherly qualities; or he may even secretly resent the fact that his marriage to this woman has deprived him of a life of irresponsible promiscuity. In such an atmosphere, no child can be expected to flourish.

4. Finally, there is the great number of couples who have failed to understand that a home is a living thing that is born, flourishes,—and dies; that it is kept alive and healthy only by continuous exertions and sacrifices; that stability and stagnation are not synonymous. Neither spouse puts into the home what it deserves. The husband will not shave on Saturday or Sunday; after all, there's no one around except "the missus," and she counts for nothing. He neglects the family in favor of the football game or the fishing trip. His wife, for her part, is usually seen in curlers, rumpled pajamas, and left-over make-up, not merely at breakfast but well toward noon. Any suggestion her husband makes is countered by the assertion that she has to look after the children, or the housecleaning. She may become a dead weight that he has to drag along, just as he may become a pillar of sand on which she tries to build her future.

The cure of such difficulties is to be sought in a change of attitudes and habits, not in divorce, and Dr. Porot repeatedly pours his scorn on those egoists who pretend that they are destroying the home for the benefit of the children, instead of getting the re-education that they need and thus strengthening the home that the child needs for normal development. Tabulating nine surveys of juvenile delinquency in four different countries, he finds the average is 45% from broken homes; among the control group 12% came from broken homes. An interesting figure which will be new to most American readers is provided by Hower's examination of 275 young people who betrayed their country (Holland) during World War II: 52% of them were found to be the offspring of parents who had divorced.

Dr. Porot discusses the various types of bad mothers, such as the abusive and tyrannical one (usually one who has been unwilling to accept her own femininity.) The overscrupulous, overprotective, perfectionist mother is often an intellectual, he says; so "refined" as to have lost her simple and normal maternal instincts. She worries about the past as well as the present, and equally about the future. He tells of a mother who came to consult about her 19 year old son: "What worries me particularly is the way he drinks."

'What does he drink? Wine, liquor, cocktails . . . ?"

"Oh, no, he drinks nothing but water but he drinks three or four glasses of it at a single meal, and I can't help telling myself that if it were alcohol, he'd probably drink just as much. That worries me a great deal!"

From mother, the child seeks love; from father, authority. Neither of these roles is exclusive, but unless they are differentiated and recognized, the child may end in bewilderment. The father's authority supports the mother ; it is based on justice as well as love; and it is indispensable in family life. Excessive authority is probably less harmful than too little. Grandparents have a valuable role in supporting parental authority; they are a confirmation of it to the child. Most of the book is taken up by a detailed discussion of the roles of father and mother, but step-parents,sibship position, rivalry among sibs, and the special cases of the only child, the orphan, and the twin are considered. A final section discusses techniques of play therapy and there is a bibliography of 135 titles.

Dr. Porot has written one of the best books on family relations to be found in any language. He is neither doctrinaire

nor a cultist, and he writes in a beautifully clear style. Throughout, he insists on a fact that he calls fundamental: the child is much more influenced by realities (even when they seem to be concealed) than by mere appearances. It is a fact that every parent should bear in mind.

(L'ENFANT ET LES RELATIONS FAMILIALES, par Maurice Porot. Pp. 245, paper covers, no index but a detailed table of contents such as takes the place of an index in most French books. Presses Universitaires de France, 108, Boulevard St. Germain, Paris, 1954.)

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Research Notes

IN THE URBAN POPULATION of the U.S. there are now only 91 males for every 100 females, according to the Census Bureau, while the farm population has 108 males for every 100 females.

MOBILITY of the population is pointed up by the Census with the finding that 20% of all persons over one year old, on April, 1955, were living in a different house from the one they lived in a year previously. Roughly one-half of all migrants move from one state to another.

LATEST official data available (1952) show 92% of all registered births in the U.S. born in hospitals. From 1940 to 1952 the proportion of white births in hospitals increased from 60% to 96%; proportion of non-white births from 27% to 66%.

ONE-HALF of the children in the U.S. are in one-sixth of the families with one-tenth of the income, according to the 81st Congress Joint Committee on the Economic Report.

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Around the World

IN NIGERIA a Government Committee has been inquiring into the current prices paid to parents for brides, and has decided that inflation is necessary. They are not getting enough for their daughters. It recommends a Fair Trade price $85, on the instalment plan, in order that the groom may not be too heavily penalized at the start of his marriage. "Learn while you earn," or something like that! It also recommends that polygamy be ended.

BRITISH SOCIAL BIOLOGY COUNCIL will henceforth concentrate more of its attention on education for family life which, it says, has gradually become "mainly a sociological activity, in relation to which sources of guidance are to be found mainly in psychology and anthropology. Education for family life has close affinities with general character-training; it brings in consideration of family care, of the emotional bonds between mother and infant, questions of parental authority, broken homes, juvenile delinquency, and other forms of anti-social behavior." The Council (Tavistock House South, Tavistock Square, Ondon WC 1) will issue a new publication for this purpose.

TOTAL MARRIAGES between Japanese women and American men, processed by the American Embassy in Tokyo since the end of World War II, are 21,443, according to latest figures.

INFANT and maternal mortality rates in the Soviet Union have been sharply reduced during the past five years as a result of the nearly universal adoption of "natural childbirth" techniques, say Major and Mrs. Paul W. Schafer of Washington, D.C., a physician and nurse team who spent a month as guests of the Soviet Ministry of Health. After a one month period of "psychoprophylactic orientation," 85% of Soviet mothers deliver without anesthesia.—*Science,* Dec. 2, 1955.

NEW BOOKS IN BRIEF REVIEW

THE PERSONALITY OF THE YOUNG CHILD, by Margaret A. Ribble. Pp. 126 (no index), price $2.75 from Columbia University Press, 2960 Broadway, New York 27, N.Y., 1955.

Writing from a psychoanalytic point of view, psychiatrist Ribble offers "an introduction for puzzled parents," laying a good deal of stress on the child's sexual life. The simple and understandable language in which Dr. Ribble writes should be an example for some of her professional colleagues to follow. Many readers will think her point of view highly controversial, but it is always constructive.

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MARRIAGE IS FOR TWO, by Frances Bruce Strain. Pp. 250, price $3.50 from Longmans, Green & Co., 55 Fifth ave., New York 3, N.Y., 1955.

Mrs. Strain is the outstanding authority on sex education, author of numerous books which are written with a literary skill that is rare in scientific publications. In this new volume she considers the period before marriage as well as that after marriage, continuing to the guidance of children and of in-laws. Forecasting the future in her final chapter she thinks women will gradually take as much initiative in courtship as men now enjoy; that as a result they will marry at more leisure and with better choice of mates.

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MARRIAGE MANNERS, by Marjorie Binford Woods and Helen Flynn. Pp. 224, price $2.95 from Bobbs-Merrill Co., 730 N. Meridian st., Indianapolis 7, Ind., 1955.

Good advice for young marrieds, dealing mainly with etiquet and social relations. Books on these subjects are almost unavoidably platitudinous and superficial, — this one is no exception, but many brides would doubtless find it helpful.

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THE GREAT MOTHER, by Erich Neumann. Pp. 380, price $7.50 from Pantheon, 333 Sixth ave., New York 14, N.Y., 1955.

A Jungian psychoanalyst offers this "structural analysis of an archetype," in one of the beautiful volumes (no. 47) of the Bollingen Series. Even those not interested in the mythology would be glad to own the book for its exquisite illustrations—186 halftones and 74 text figures. The Great Mother as understood in this book is a primordial image at work in the human psyche, yet finding outward expression in the ritual, mythology, and art of early man, and in the dreams, fantasies, and creative works of both the sound man and the sick man of our own day. While the Isis-Madonna tradition is one of the most important manifestations, she is traced through the culture of the whole world down to the modern sculpture of Jacob Epstein and Henry Moore.

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THE GUILTY MIND: psychiatry and the law of homicide, by John Biggs, jr. Pp. 236, price $4.50 from Harcourt, Brace, & Co., 383 Madison ave., New York 17, N.Y., 1955.

Criminal responsibility is commonly tested by asking "was the accused able to tell the difference between right and wrong?" So long as this unrealistic criterion is used, says Judge Biggs, "psychotics who have served prison terms or are granted probation are released to commit

increasingly serious crimes." He calls for more intelligent use of psychiatry in the courts. Judge Biggs is chief justice of the Third Judicial Circuit of the United States.

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SEX IN CHRISTIANITY AND PSYCHOANALYSIS, by William Graham Cole. Pp. 329, price $4 from Oxford Univ. Press, 114 Fifth ave., New York 11, N.Y., 1955.

Dr. Cole, chaplain of Williams College, surveys the Hebrew, Greek, and Roman attitudes toward sex, then considers the points of view of Jesus and Paul, of Augustine, Thomas Aquinas, and the Council of Trent; and gives an interesting summary of the views of Luther and Calvin, followed by analysis of contemporary Roman Catholic and Protestant doctrine. After considering Freud and contemporary psychoanalysis, he attempts a synthesis with "a critical reconstruction of Christian interpretations of sex," arguing that Biblical religion demands an essentially positive view and that some contemporary ideas have been corrupted by the ancient dualism of the Orient. Anyone interested in the relations between religion and sex will find this worth-while reading.

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MENTAL HYGIENE IN PUBLIC HEALTH, by Paul V. Lemkau. Pp. 486, price $8 from McGraw-Hill Book Co., 330 W. 42d st., New York 36, N.Y., 1955.

Revised edition of a book which came out in 1949. Psychiatrist Lemkau is professor of public health administration at Johns Hopkins University, just now on leave as director of mental health services in the New York City Community Mental Health Board. His detailed and somewhat conventional book is more suggestive of the classroom than of the firing line, but he covers even such matters as premarital and marital counseling, in which he thinks health departments have an important incidental part. He rightly observes, however, that data on these subjects have been collected almost wholly from the highly selected part of the population which goes to college and takes marriage courses, and that such findings may have little relation to that one-third of the population with which health departments are most likely to come in contact. He has a short but sensible chapter on eugenics, and gives adequate attention to infancy and childhood.

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THE GRANDEUR AND MISERY OF MAN, by David E. Roberts. Pp. 186 (no index), price $3 from Oxford University Press, 114 Fifth ave., New York 11, N.Y., 1955.

Sermons by a professor at Union Theological Seminary, who was particularly interested in reconciling religion and psychotherapy. Dr. Roberts died in Jan., 1955.

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GROUP WORK AND COMMUNITY ORGANIZATION, 1955. Pp. 109 (no index), price $2.25 from Columbia University Press, 2960 Broadway, New York 27, N.Y., 1955.

Eleven papers presented at the 82d annual forum of the National Conference of Social Work.

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HIGH HOPES FOR LOW SPIRITS, by David Seabury. Pp. 335 (no index), price $3.95 from Little, Brown & Co., 34 Beacon st., Boston 6, Mass., 1955.

Combining religion and psychology, the well-known writer and lecturer points out the damage done by negative thoughts and the practical ways in which

a constructive attitude can be created and maintained.

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THE HAPPY CHILD, a psychoanalytic guide to emotional and social growth by Irene M. Josselyn. Pp. 410, price ..... from Random House, 457 Madison ave., New York 22, N.Y., 1955.

Detailed and readable guidance offered to parents by a practicing psychoanalyst in Chicago. It will appeal particularly to those who are willing to accept the psychoanalytic approach.

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CASE WORK PAPERS, 1955, from the National Conference of Social Work. Pp. 154, paper covers, no index, price $1.50 from Family Service Assn. of America, 192 Lexington ave., New York 16, N.Y., 1955.

Many interesting ideas from a wide field, swathed in the jargon which many social workers affect. Gunnar Dybwad urges that schools of social work prepare their students to do parent education.

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HOW TO RELAX IN A BUSY WORLD, by Floyd H. Corbin. Pp. 84 (paper covers, no index), price $1.45 from the author, 2845½ Sunset Place, Los Angeles 5, Calif., 1955.

Practical suggestions for releasing physical and mental strain and stimulating the growth of personality. Dr. Corbin is a counselor and lecturer.

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THE CHURCH AND THE LAW OF NULLITY OF MARRIAGE, pp. 79, price $2.50 from the Macmillan Co., 60 Fifth ave., New York 11, N.Y., 1955.

In 1949 the Church of England appointed a distinguished commission to discuss conditions in which a marriage could be properly annulled and one or both of the parties allowed to remarry. The discussion presented in the report naturally turns largely on the interpretation of the pertinent texts in the New Testament. Annulment is allowed if the husband has been completely impotent from the beginning; but not if a child has been brought into such a marriage through artificial insemination or adoption. In general the commission accepted the provision of the English civil law. There are several appendixes in one of which the anthropologist, E. O. James, sets forth briefly the evidence that monogamy is "the form of marriage that has been universally adopted and generally approved, because it alone meets the fundamental requirements of human personality and of society rooted in the family." Statistical tables show that in all England and Wales the number of suits for nullity filed each year is considerably less than a thousand.

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GENETICS IS EASY, by Philip Goldstein. Pp. 238, price $4 from Lantern Press, 257 Fourth ave., New York 10, N.Y., 1955.

Genetics is *not* easy; and don't let anyone tell you that it is! Mr. Goldstein (chairman of biology dept. at Abraham Lincoln H. S., Brooklyn, N.Y.) has covered the ground in a conventional way, in revising this book which first appeared in 1947. He ends with some feeble remarks on eugenics. Readers who work through the book with sufficient care will get a good picture of the way some of the mechanisms of heredity work.

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THE MOTHERS' FEDERATION of Jamaica has celebrated its twelfth anniversary. Its office is in the Militia Headquarters bldg., 74½ Hanover st., Kingston.

PRACTICAL HELP FOR COUNSELORS

The American Institute of Family Relations offers invaluable material, to be found nowhere else, for the many people called upon to help others in dealing with personal and family problems. In addition to the Correspondence Course in Counseling (see next page), the Institute has prepared a number of unique pamphlets, the most recent being:

Pub No. 524. MARRIAGE COUNSELING. PRICE.....25c
Marriage counseling is largely a matter of re-educating one or both partners. Everyone has a right to expect from marriage emotional and economic security, companionship, sexual partnership, and children. Four rules for successful marriage counseling are given.

Pub. No. 526. THE PRACTICE OF MARRIAGE COUNSELING: A paper presented to the third International Conference on Planned Parenthood, Nov. 24 to Dec. 1, 1952, by Paul Popenoe, Sc.D. 35c

An illuminating and concise discussion of twelve pitfalls which beset many counselors, and how to avoid them. Aids for formulating a provisional plan of treatment of the client.

Among the other popular pamphlets for counselors are:

Pub. No. 502 MARITAL COUNSELING WITH SPECIAL REFERENCE TO FRIGIDITY 35c

Pub. No. 506. AGGRESSIVENESS AND ITS TREATMENT. (Mimeographed) 10c

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23. BUILDING SEX INTO YOUR LIFE —

A Pamphlet intended for young men going into the army or industry; equally valuable for those in senior high school or college; but no less valuable to their sisters, parents, and educators. A simple statement of sexual ethics, constructive and soundly scientific. Sold at $15 per hundred or $2.50 per dozen; single copy 25c

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Through lectures, conferences, and discussion groups, the Institute carries on an active and continuous educational program. A circulating library provides the public with recent and important books. A correspondence course in the principles, techniques, and materials of counseling, makes the experience of the Institute available to those at a distance, who are called upon to lead, advise, or instruct others in dealing with their personal and family problems.

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